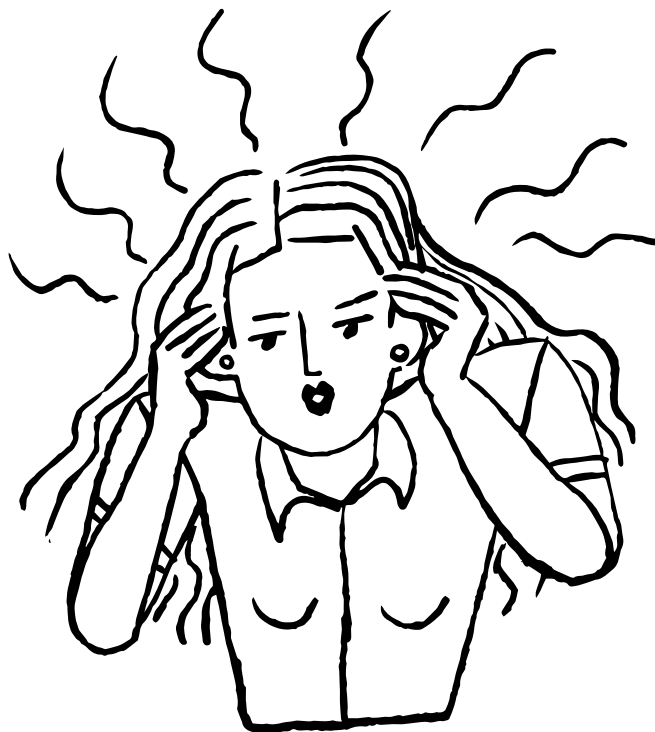


Stress Processing Journal



This Book Belongs To

Worry Exploration

What are you worried about?

The best that can happen it...

What are some clues that your worry will not come true?

If your worry does not come true how will you handle it?

Worry Exploration

Is worrying about something going to stop it happening

Is there anything can physically to do sort the problem out? If so what?

Am i making up worries to feed my addiction to worry? If so, why?

Now that you leave challenged the worry? How has it changed?

Stress Walkthrough

Date or event that is bringing you stress

[illegible]

Stress Walkthrough

Describe what Element revolving this event /date you stressing about?

[illegible]

Stress Walkthrough

What aspect of your stress is controllable vs uncontrollable

[illegible]

Stress Walkthrough

Brainstorm 3 ways to reduce stress

[illegible]

Stress Walkthrough

Who can you receive Support from?

[illegible]

Problem Solving

Problem to Solve	End Goal

1st Solution	Pros	Corner
2nd Solution	Pros	Corner
3rd Solution	Pros	Corner

Chooses Solution	Next Steep

Stress Level Tracker

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Dec	Nov
1												
5												
10												
15												
20												
25												
30												

Stress Level

1

2

3

4

5

Evaluate Stressors

List of Stressors

Controllable

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Uncontrollable

Stress Tracker

[illegible]

Behavior Tracker

[illegible]

Stress Source

[illegible]

Manifestation Worksheet

How can i reach my goal

My primary goal

Why do I want this?

What will like be like once i have manifestation my

Thoughts Tracker

[illegible]

Monthly Reflection

How feel about this month

What hard since last month?

My accomplishments this month

What i want to ignore next teeth?

This image shows a full page of white paper with horizontal dashed lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

Signature:

Journal Entry

Date: _____

Topic:

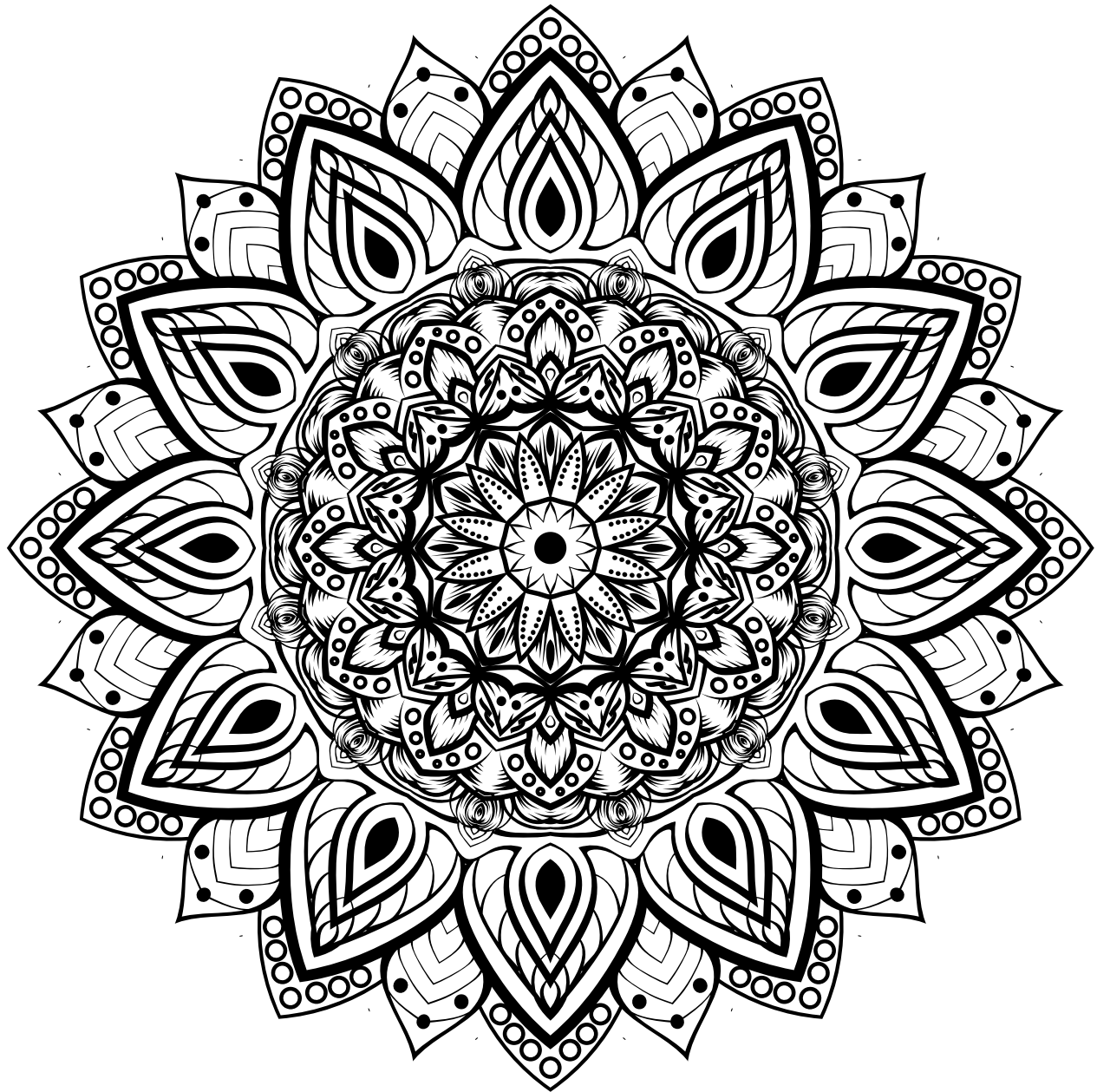
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Daily Gratitude

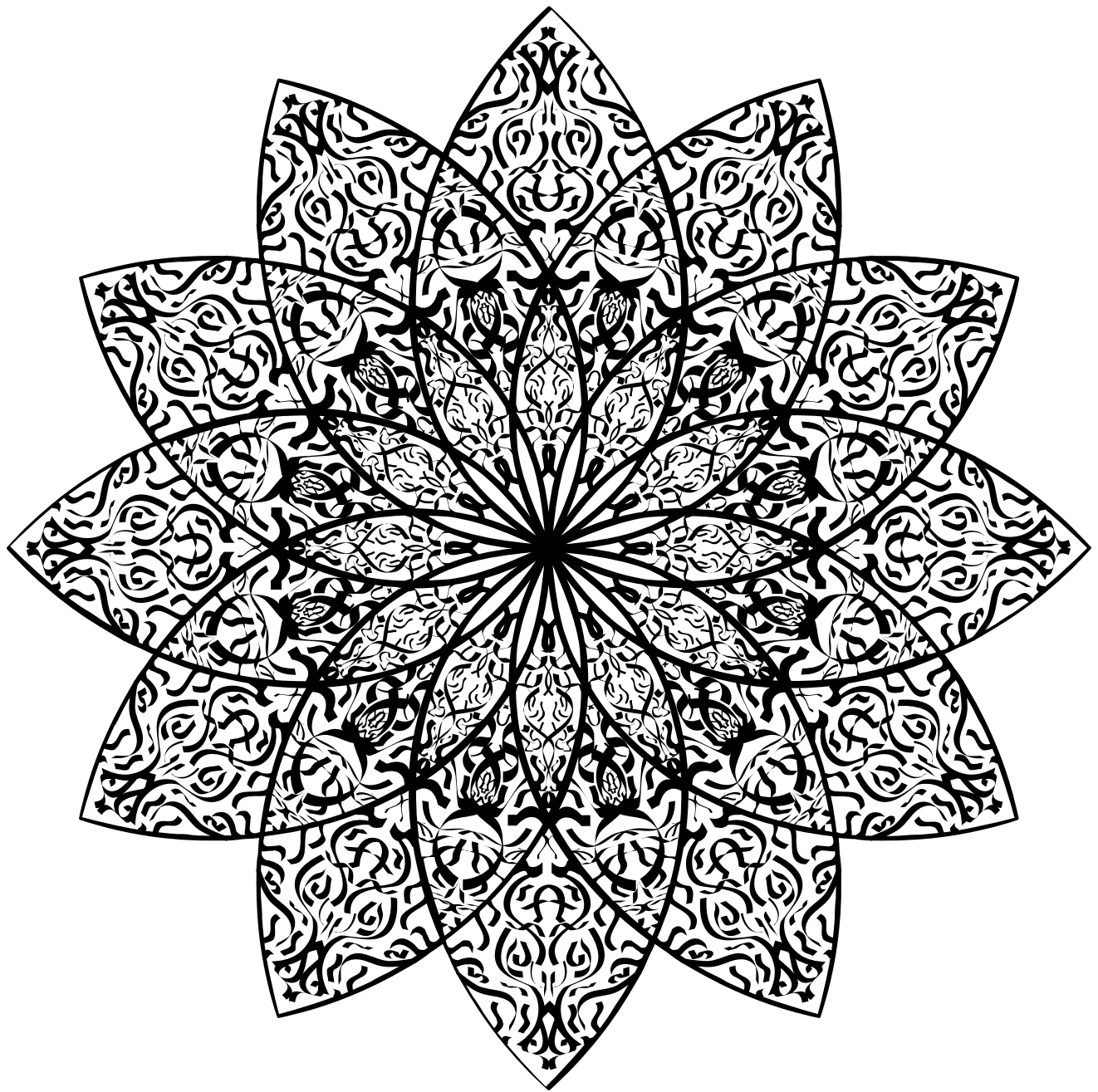
Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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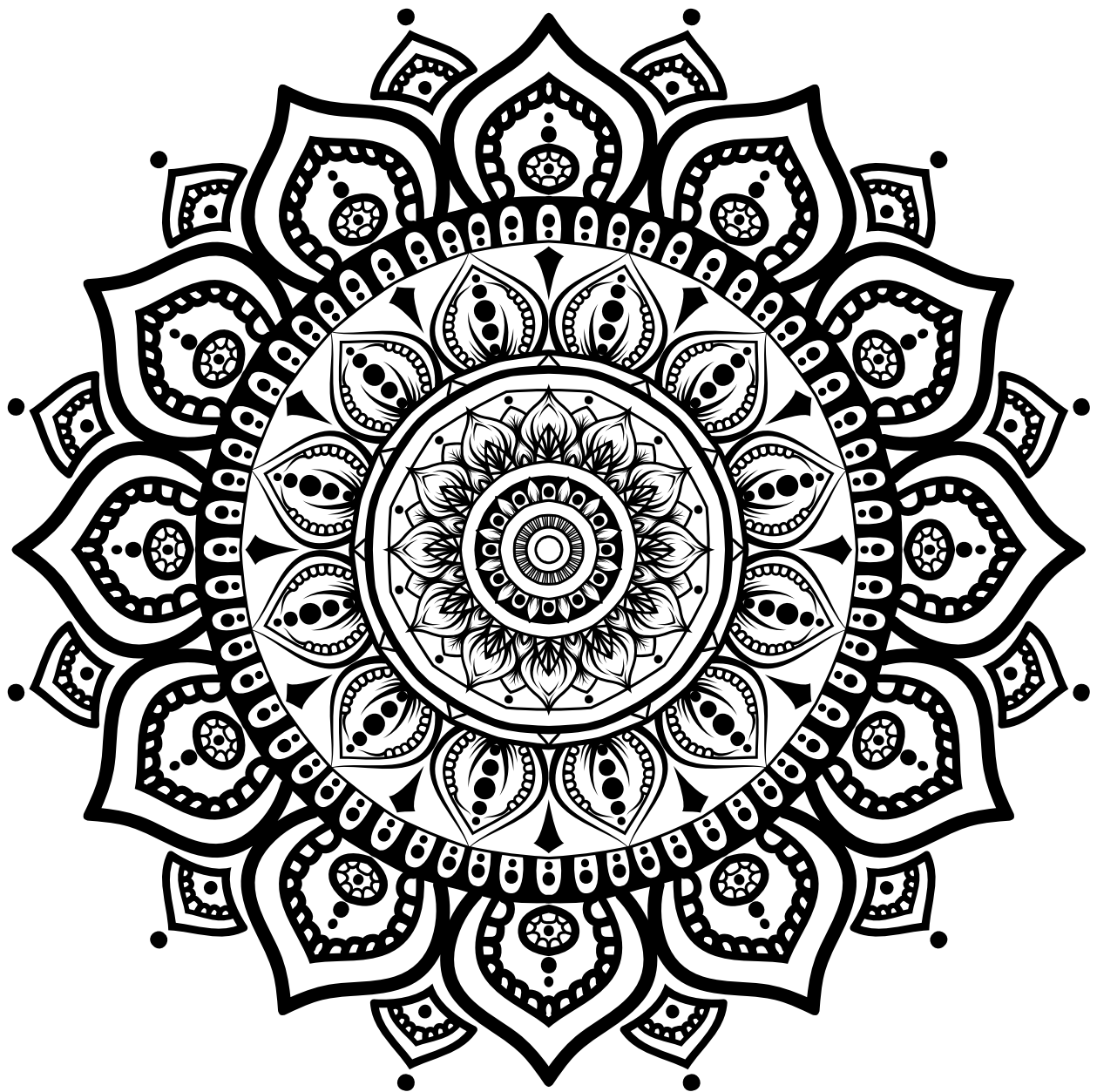
Stress Relief Coloring Page



Stress Relief Coloring Page



Stress Relief Coloring Page



Self-Care Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Daily Habit Tracker

Mood:

Start Time:

End Time:

1.

16.

2.

17.

3.

18.

4.

19.

5.

20.

6.

21.

7.

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15.

30.

Daily Journal

Date: _____

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[illegible]

Notes

Notes

[illegible]

[illegible]